

**BY THE ORDER OF THE COMMANDER
4TH AIR SUPPORT OPERATIONS GROUP (USAF)**

**4 ASOG SUPPLEMENT 1
AFI 40-501
1 April 2000**



**Medical Command
THE AIR FORCE FITNESS PROGRAM**

AFI 40-501, 1 October 1998, is supplemented as follows:

1.3.2.1a (Added) Upon approving a waiver for the fitness assessment, 4 ASOG/CC implemented a fitness program that applies to all active duty personnel assigned to 4 ASOG staff, squadrons, detachments, and operating locations. This program sets minimum standards and provides adequate flexibility for individuals to use their preferred method of aerobic exercise to meet the intent of AFI 40-501. The fitness waiver letter is maintained at 4 ASOG Headquarters. Point of contact is 4 ASOG/LGF, DSN 370-5240.

1.3.3a (Added) All 4 ASOG units will identify those individuals required to pass the Army PT test. These personnel will accomplish the training necessary to pass the Army PT test.

3.2.2.3a (Added) The minimum duration is 20 minutes of continuous exercise in the target heart rate zone. Aerobic activity should be preceded and followed by 5 to 10 minutes of warm-up and cool-down.

3.2.2.4a (Added) The minimum frequency is 3 days a week. Exercise may be accomplished as a unit or individually. Failure to meet a unit session does not eliminate the need to individually accomplish fitness training.

3.2.2.6a (Added) All units will ensure individuals are actively engaging in the physical training program and, if necessary, assist with establishing individual programs. Up to 3 hours of duty time a week will be allowed to accomplish required physical training. The training will be tracked using an AF Form 1975 or a locally generated form. The completed forms will be retained for 1 year.

JOHN F.C. RHOADES, JR, Colonel, USAF
Commander